



# Feeling overwhelmed, anxious or fearful?

Talk to a breast cancer counsellor.

Whether you're newly diagnosed, undergoing treatment or living with advanced breast cancer, free counselling is available when you need someone to talk to.



## Need advice?

**0800 BC NURSE** (0800 226 8773)  
**breastnurse@bcf.org.nz**  
**www.breastcancerfoundation.org.nz**

## We're here to help

@pinkribbonNZ

Breast Cancer Foundation NZ's vision is zero deaths from breast cancer. Our mission is to push for new frontiers in early detection, treatment and support.

Breast Cancer Foundation NZ,  
PO Box 99650, Newmarket, Auckland 1149



# Free counselling for anyone with breast cancer



## For more information

**0800 BC NURSE** (0800 226 8773)  
**www.breastcancerfoundation.org.nz**

BCF201/0319

FreePost Authority Number 188318

Breast Cancer Foundation NZ  
Breast Nurse  
Private Bag 99906  
Newmarket  
Auckland 1149





# Counselling can help you

**A diagnosis of breast cancer can be challenging. If you're feeling overwhelmed, anxious or fearful, a breast cancer counsellor can help you find a way through.**

**Breast Cancer Foundation NZ (BCFNZ) has partnered with Stratos, a national counselling service, to provide the support you and your family need.**

### It's free and funded by BCFNZ

- Three sessions of individual counselling (over a 12 month period).
- Face to face, over the phone or via Skype.
- Family members can attend the sessions with you, or can have free counselling separately.

### Choose your own counsellor

- All Stratos counsellors in the Breast Cancer Counselling Service are fully qualified and are experienced at short-term counselling.
- You'll find their individual profiles online.
- You can view these profiles and choose a counsellor to suit you.
- Or, call Stratos on **0800 787 2867** to discuss who would suit you best.



www.stratos-ltd.co.nz

# How to access help

- 1 Ask your GP, breast cancer specialist or breast nurse to complete the attached referral form.
- 2 Post the form to BCFNZ or scan and email it to **breastnurse@bcf.org.nz**
- 3 Alternatively, download a printable PDF from our website **www.breastcancerfoundation.org.nz/counselling** then follow the steps above
- 4 We then send you a voucher number, password and email link to the counselling service website.
- 5 You then select your location and counsellor, and call them to make an appointment.

**You need a referral – ask your GP or a member of your breast team to complete the attached form.**



# Referral form counselling service

## Referral guidelines

Please refer patients with breast cancer for 3 FREE counselling sessions with a trained professional. Complete this form then mail in Freepost provided, or scan and email it to **breastnurse@bcf.org.nz**

You can download further copies at **www.breastcancerfoundation.org.nz/counselling**

## Who is eligible?

Anyone who has been diagnosed with breast cancer, or who is receiving preventive treatment for inherited breast cancer risk, may use this service. Referrals may be sent at diagnosis, during treatment, after treatment and at metastatic stage. A family member may accompany the patient to counselling.

## Patient details

Date of diagnosis \_\_\_\_\_

Referral date \_\_\_\_\_

Patient name \_\_\_\_\_

Age \_\_\_\_\_

Email (preferred) \_\_\_\_\_

Phone no. \_\_\_\_\_

Mobile no. \_\_\_\_\_

Postal address \_\_\_\_\_

Preferred method to send voucher? Email  Post

# Clinical referral

**To be completed by your GP, breast cancer specialist or breast nurse.**

I consider this patient to be eligible for BCFNZ counselling services.

Clinician name \_\_\_\_\_

Position \_\_\_\_\_

Clinic / DHB \_\_\_\_\_

Email \_\_\_\_\_

Signed by \_\_\_\_\_

## Which of these applies?

- Just diagnosed
- Post treatment
- Currently undergoing treatment
- Metastatic/advanced
- Family member - relationship: \_\_\_\_\_

Why this person is in need \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Any other comments \_\_\_\_\_

\_\_\_\_\_

## FOR BCFNZ OFFICE USE ONLY

Date received: \_\_\_\_\_ Voucher No: \_\_\_\_\_

